

Staenberg Family Complex - Millstone Indoor Lap Pool

Fall 2023

	Sunday				Monday				Tuesday				Wednesday				Thursday				Friday				Saturday																																																																																																																																																																																																																																											
	LANE				LANE				LANE				LANE				LANE				LANE																																																																																																																																																																																																																																															
Time	1	2	3	4	1	2	3	4	1	2	3	4	1	2	3	4	1	2	3	4	1	2	3	4	1	2	3	4																																																																																																																																																																																																																																								
5:30am	Dark shaded				Lap Swim Ongoing				Lap Swim Ongoing				Lap Swim Ongoing				Lap Swim Ongoing				Dark shaded																																																																																																																																																																																																																																															
6:00am																																																																																																																																																																																																																																																																				
7:00am	Lap Swim Ongoing				Lap Swim Ongoing				Lap Swim Ongoing				Lap Swim Ongoing				Lap Swim Ongoing				Lap Swim Ongoing				Dark shaded																																																																																																																																																																																																																																											
8:00am																									Lap Swim Ongoing				Lap Swim Ongoing				Lap Swim Ongoing				Lap Swim Ongoing				Lap Swim Ongoing				Aqua Boot Camp 8-9:30am																																																																																																																																																																																																																							
9:00am									Lap Swim Ongoing				Lap Swim Ongoing				Aqua Boot Camp 9-10:15am				Lap Swim Ongoing																								Lap Swim Ongoing				Lap Swim Ongoing																																																																																																																																																																																																																			
9:30am																	Lap Swim Ongoing																																				Lap Swim Ongoing				Lap Swim Ongoing				Lap Swim Ongoing				Lap Swim Ongoing																																																																																																																																																																																																			
10:00am																																																																					Lap Swim Ongoing				Lap Swim Ongoing				Lap Swim Ongoing				Lap Swim Ongoing				Lap Swim Ongoing																																																																																																																																																																															
10:30am																																																																																									Lap Swim Ongoing				Lap Swim Ongoing				Lap Swim Ongoing				Lap Swim Ongoing				Lap Swim Ongoing																																																																																																																																																											
11:00am																																																																																																													Lap Swim Ongoing				Lap Swim Ongoing				Lap Swim Ongoing				Lap Swim Ongoing				Lap Swim Ongoing																																																																																																																																							
12:00pm																																																																																																																																	Lap Swim Ongoing				Lap Swim Ongoing				Lap Swim Ongoing				Lap Swim Ongoing				Lap Swim Ongoing																																																																																																																			
1:00pm																																																																																																																																																					Lap Swim Ongoing				Lap Swim Ongoing				Lap Swim Ongoing				Lap Swim Ongoing				Lap Swim Ongoing																																																																																															
2:00pm																																																																																																																																																																									Lap Swim Ongoing				Lap Swim Ongoing				Lap Swim Ongoing				Lap Swim Ongoing				Lap Swim Ongoing																																																																											
3:00pm																																																																																																																																																																																													Lap Swim Ongoing				Lap Swim Ongoing				Lap Swim Ongoing				Lap Swim Ongoing				Lap Swim Ongoing																																																							
4:00pm																																																																																																																																																																																																																	Lap Swim Ongoing				Lap Swim Ongoing				Lap Swim Ongoing				Lap Swim Ongoing				Lap Swim Ongoing																																			
5:00pm																																																																																																																																																																																																																																					Lap Swim Ongoing				Lap Swim Ongoing				Lap Swim Ongoing				Lap Swim Ongoing				Lap Swim Ongoing															
5:30pm																																																																																																																																																																																																																																																									Lap Swim Ongoing				Lap Swim Ongoing				Lap Swim Ongoing			
6:00pm	Lap Swim Ongoing				Lap Swim Ongoing																																																																																																																																																																																																																																																															
7:00pm																									Lap Swim Ongoing				Lap Swim Ongoing				Lap Swim Ongoing				Lap Swim Ongoing				Lap Swim Ongoing																																																																																																																																																																																																																											
7:30pm									Lap Swim Ongoing				Lap Swim Ongoing								Lap Swim Ongoing																								Lap Swim Ongoing				Lap Swim Ongoing																																																																																																																																																																																																																			
8:00pm																	Lap Swim Ongoing																																				Lap Swim Ongoing				Lap Swim Ongoing				Lap Swim Ongoing				Lap Swim Ongoing																																																																																																																																																																																																			
9:00pm																																																																					Lap Swim Ongoing				Lap Swim Ongoing				Lap Swim Ongoing				Lap Swim Ongoing				Lap Swim Ongoing																																																																																																																																																																															
																																																																																									Lap Swim Ongoing				Lap Swim Ongoing				Lap Swim Ongoing				Lap Swim Ongoing				Lap Swim Ongoing																																																																																																																																																											

Notes: Dark shaded areas denotes that area is closed.

Aquatics staff will supervise pool area so recreational swimmers, lap swimmers and water walkers can share the facility, to maintain maximum usage.

updated 9/5/23 • Schedule subject to change without notice.